

*Nutrition in Midwestern State Department
of Corrections Prisons: A Comparison of
Nutritional Offerings to Commonly Utilized
Nutritional Standards*

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Disclaimer

Opinions expressed in this presentation are those of the presenters and do not necessarily represent the opinions of the Federal Bureau of Prisons, the Department of Justice, or the U.S. Public Health Service.

Introduction

- 74% of prisoners are either overweight (45.7%), obese (25.5%), or morbidly obese (2.4%), and hypertension is the most common condition reported by prisoners at a rate of 30% (Maruschak, Berzofsky, & Unangst, 2015).
- Obesity among inmates has been found to be significantly associated with diabetes and cardiovascular disease (Bai, Befus, Mukherjee, Lowy, & Larson, 2015).
- Rates of nutrition-related chronic health diseases have also shown to be at higher rates among older incarcerated individuals (Skarupski, Gross, Schrack, Deal, & Eber, 2018).
- As prison populations and the age of incarcerated populations continue to increase, these conditions can be expected to continue to impact correctional and community health care systems within the U.S. (Harzke et al., 2010).

Food in Correctional Settings

- Limited information exists on foods served in correctional facilities, inmates have limited choices of what they can eat and the variety of food itself is limited within the correctional environment (Collins & Thompson, 2012; Cooke, White, & Gropper, 2015).
- Cost is a primary contributor to these limitations. Typically, two to four dollars are spent to feed an inmate three meals per day (Chaplin, 2017).
- Other factors that limit food offerings are security risks related to the offering of whole fresh fruit, canned fruit, and fruit juice which can be used to produce illicit alcohol (Academy of Nutrition and Dietetics, 2019).

Correctional Nutrition Regulation

- According to the American Correctional Association ACA (2003) *Standards for Adult Correctional Institutions* 4th Edition, “the principle function of food service is meals are nutritionally balanced, well-planned, and prepared and served in a manner that meets established governmental health and safety codes.” In addition, following dietary allowances is a mandatory requirement and ACA requires “documentation that the institution’s dietary allowances are reviewed at least annually by a qualified nutritionist or dietitian to ensure they meet the nationally recommended allowances for basic nutrition” (p. 87-88).

Potential Results

- In South Carolina, Collins & Thompson (2012) found:
 - Excessive dietary offerings of cholesterol, sodium, and sugar
 - Lower than recommended levels of fiber, magnesium, potassium, vitamin D, and vitamin E.
- In Georgia, Cook, White & Gropper (2015), found:
 - Macronutrient ranges were met.
 - Sodium offerings were 303% of recommended levels
 - Higher-than-recommended levels of cholesterol and sugar were evident.
 - Menus were shown to offer lower than recommended levels of fiber, magnesium, potassium, vitamin D, and vitamin E

Purpose and Methods

- Purpose: Compare how Midwestern state department of corrections (DOC) average menu offerings compared with commonly utilized nutritional standards identified to be used within corrections including the DRIs and the 2015-2020 Dietary Guidelines for Americans to determine if (1) standards are being met and (2) if standards are being consistently utilized across Midwestern State DOCs.
- Methods:
 - Request copies of menus and corresponding nutritional analysis
 - 12 Midwestern State DOC
 - Websites, direct mail, and phone calls
 - Two follow-up phone calls
 - Response:
 - Six male menus with corresponding nutritional analysis
 - One male menu without nutritional analysis
 - Six female menus with corresponding nutritional analysis
 - Six religious menus and corresponding nutritional analysis

Dietary Guideline Comparison

Responding states:

- Illinois
- Iowa
- Kansas
- Minnesota
- Missouri
- Ohio
- Wisconsin

Menus analyzed:

- Male – general
- Female – general
- Male – religious
- Female – religious

Nutrients analyzed:

- Calories
- % calories carbohydrate
- % calories protein
- % calories fat
- % calories saturated fat
- Fruits
- Vegetables
- Fiber
- Sodium

General Male Menus

	Average Calories	% Calories Proteins	% Calories Carbs	% Calories Fats	% Saturated Fat	Fruit	Vegetable	Fiber	Sodium
Illinois	-	-	-	-	-	↓	↓	-	-
Iowa	↑	✓	✓	✓	-	↓	↓	↓	↑
Kansas	↑	✓	✓	✓	✓	↓	↓	↓	↑
Minnesota	↑	✓	✓	✓	✓	↓	↓	↓	↑
Missouri	↑	✓	✓	✓	-	✓	↓	-	↑
Ohio	↑	✓	✓	✓	✓	✓	✓	✓	↑
Wisconsin	↑	✓	↑	↓	✓	↓	↓	✓	↑

General Female Menus

	Average Calories	% Calories Proteins	% Calories Carbs	% Calories Fats	% Saturated Fat	Fruit	Vegetable	Fiber	Sodium
Illinois	-	-	-	-	-	↓	↓	-	-
Iowa	↑	✓	✓	✓	-	↓	✓	✓	↑
Kansas	↑	✓	✓	✓	✓	↓	↓	✓	↑
Minnesota	↑	✓	✓	✓	✓	↓	↓	✓	↑
Ohio	↑	✓	✓	✓	✓	✓	✓	✓	↑
Wisconsin	↑	✓	↑	✓	✓	✓	↓	✓	↑

Religious Male Menus

	Average Calories	% Calories Proteins	% Calories Carb	% Calories Fats	% Saturated Fat	Fruit	Vegetable	Fiber	Sodium
Iowa	-	-	-	-	-	✓	↓	-	-
Kansas	↑	✓	✓	✓	✓	✓	↓	↓	↑
Minnesota	↑	-	-	-	-	✓	↓	-	-
Ohio	↑	✓	✓	↑	✓	✓	↓	✓	↑
Wisconsin	↑	✓	✓	✓	✓	↓	↓	↓	↑

Religious Female Menus

	Average Calories	% Calories Proteins	% Calories Carbs	% Calories Fats	% Saturated Fat	Fruit	Vegetable	Fiber	Sodium
Iowa	-	-	-	-	-	✓	↓	-	-
Kansas	↑	✓	✓	✓	✓	✓	↓	✓	↑
Ohio	↑	✓	✓	↑	✓	✓	↓	✓	↑
Wisconsin	↑	✓	✓	✓	✓	✓	↓	✓	↑

DRI Comparison

Responding states:

- Iowa
- Kansas
- Minnesota
- Missouri
- Ohio
- Wisconsin

Menus analyzed:

- Male - general
- Female - general
- Male - religious
- Female - religious

Vitamins (12)

- A
- B1
- B2
- Niacin
- Pantothenic Acid
- B6
- Folate
- B12
- C
- D
- E
- K

Minerals (11)

- Calcium
- Copper
- Fiber
- Iodine
- Iron
- Magnesium
- Manganese
- Phosphorous
- Potassium
- Selenium
- Zinc

Male Vitamins

States	Vit A	Vit B ₁	Vit B ₂	Niacin	Pantothenic Acid	Vit B ₆	Folate	Vit B ₁₂	Vit C	Vit D	Vit E	Vit K
IA (general)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	↓	✓
KS (general)	✓	✓	✓	✓	-	✓	✓	✓	✓	-	-	-
KS (religious)	✓	✓	✓	✓	-	✓	✓	✓	✓	-	-	-
MN (general)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	↓	✓
MO (general)	-	-	-	-	-	-	-	✓	-	-	-	-
OH (general)	✓	✓	✓	✓	-	✓	✓	✓	✓	-	-	-
OH (religious)	✓	✓	✓	✓	-	✓	✓	✓	✓	-	-	-
WI (general)	-	-	-	-	-	-	-	-	-	↓	-	-
WI (religious)	-	-	-	-	-	-	-	-	-	↓	-	-

Female Vitamins

States	Vit A	Vit B ₁	Vit B ₂	Niacin	Pantothenic Acid	Vit B ₆	Folate	Vit B ₁₂	Vit C	Vit D	Vit E	Vit K
IA (general)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	↓	✓
KS (general)	✓	✓	✓	✓	-	✓	✓	✓	✓	-	-	-
KS (religious)	✓	✓	✓	✓	-	↓	✓	✓	✓	-	-	-
MN (general)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	↓	✓
MO (general)	-	-	-	-	-	-	-	-	-	-	-	-
OH (general)	✓	✓	✓	✓	-	✓	✓	✓	✓	-	-	-
OH (religious)	✓	✓	✓	✓	-	✓	✓	✓	✓	-	-	-
WI (general)	-	-	-	-	-	-	-	-	-	↓	-	-
WI (religious)	-	-	-	-	-	-	-	-	-	↓	-	-

Male Minerals

States	Ca	Cu	I	Fe	Mg	Mn	P	K	Se	Zn
IA (general)	✓	✓	✓	✓	✓	✓	✓	↓	✓	✓
KS (general)	✓	-	-	✓	-	-	✓	-	-	-
KS (religious)	✓	-	-	✓	-	-	✓	-	-	-
MN (general)	✓	✓	-	✓	↓	✓	✓	↓	-	✓
MO (general)	-	-	-	-	-	-	✓	↓	-	-
OH (general)	✓	-	-	✓	-	-	✓	-	-	-
OH (religious)	✓	-	-	✓	-	-	✓	-	-	-
WI (general)	✓	-	-	✓	-	-	-	✓	-	-
WI (religious)	✓	-	-	✓	-	-	-	↓	-	-

Female Minerals

States	Ca	Cu	I	Fe	Mg	Mn	P	K	Se	Zn
IA (general)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
KS (general)	✓	-	-	✓	-	-	✓	-	-	-
KS (religious)	✓	-	-	✓	-	-	✓	-	-	-
MN (general)	✓	✓	-	✓	↓	✓	✓	✓	-	✓
MO (general)	-	-	-	-	-	-	-	-	-	-
OH (general)	✓	-	-	✓	-	-	✓	-	-	-
OH (religious)	✓	-	-	✓	-	-	✓	-	-	-
WI (general)	✓	-	-	✓	-	-	-	✓	-	-
WI (religious)	✓	-	-	✓	-	-	-	✓	-	-

Major Findings

- Calories – obesity
- Sodium – hypertension
- Lack of fruit and vegetable offerings
- Vitamin D and Vitamin E
- Fiber and Potassium offered to Males vs. Females
- Inconsistency of nutrients provided



Unpublished Findings

- One facility did not have a dietitian or nutritional analyses of menus
- Cyclic menus: 1 day–6 weeks
- Desserts (lunch and dinner)



Recommendations

- Regulations should be for institutions to identify which nutrition standards they are using as well as requirements to meet them
- ACA should adopt more standard definitions for DRI usage
- DOCs should voluntarily increase accountability to meet common nutrition standards and guidelines
- Calorie and sodium levels should be reduced to recommended levels
- Nutrients of public health concern should be increased to recommended levels

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Week: 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Meal Name: Breakfast

Apple Juice (50%) 1 cup	Orange Juice (50%) 1 cup	Apple Juice (50%) 1 cup	Orange Juice (50%) 1 cup	Apple Juice (50%) 1 cup	Orange Juice (50%) 1 cup	Apple Juice (50%) 1 cup
Sweetened Corn Grits 1 1/2 cup	Rice LF 1 1/2 cup	Sweetened Cinnamon Oatmeal 1 1/2 cup	Cheesy Grits 1 1/2 cup	Brown Sugar Sweetened Oatmeal 1 1/2 cup	Corn Flakes Cereal 1 1/2 cup	Sweetened Whole Grain Oatmeal 1 1/2 cup
Peanut Butter 1 ozw	Scrambled Eggs 3 ozw	Creamy Country Gravy LF/LS (1 oz)- 6 ozw	Scrambled Eggs 3 ozw	T. Ham 2 ozw	Scrambled Eggs 3 ozw	Breakfast Sausage (1 ozw each) 2 patty
Fresh Baked Roll/Bread 2 ozw	Flour Tortilla (6") 2 each	Bakery Biscuit 1/54 cut	Streusel Coffeecake 1/54 cut	Bakery Biscuit 1/54 cut	Glazed Cinnamon Roll 2 ozw	Pancakes (2 fl oz each) 3 each
Whipped Margarine 1/3 ozw	Salsa 1 fl oz	1% Milk (Half Pint) 1 each	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Whipped Margarine 1/3 ozw	Syrup 3 fl oz
1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	Coffee 1 cup	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	1% Milk (Half Pint) 1 each	Whipped Margarine 1/3 ozw
Coffee 1 cup	Coffee 1 cup	Sweetener 2 packet	Coffee 1 cup	Coffee 1 cup	Coffee 1 cup	1% Milk (Half Pint) 1 each
Sweetener 2 packet	Sweetener 2 packet		Sweetener 2 packet	Sweetener 2 packet	Sweetener 2 packet	Coffee 1 cup
						Sweetener 2 packet

Meal Name: Lunch

Hearty Spanish Rice LF/LS (2 oz)- 12 ozw	Hearty Vegetable Soup (1/2 cup veg.) LF/LS 1 cup	Glazed BBQ Patty (3 ozw each) 1 patty	Sloppy Joe (2 oz)- 3 ozw	Tomato Soup LS 1 cup	100% Beef Patty (4 ozw raw) 1 patty	Roast Turkey 3 ozw
Ranch Pinto Beans LS 1 cup	Saltine Crackers (2/pkg) 2 pack	Pickle Slice 3 slice	Bakery Bun 2 ozw	Saltine Crackers (2/pkg) 2 pack	Cheese 1/2 ozw	Gravy LF/LS 2 fl oz
Corn & Carrots LF 1/2 cup	Turkey Salad (3 oz E&P) 4 ozw	Fresh Baked Hamburger Bun (2 oz) 1 each	Boston Baked Beans LF 1 cup	T. Bologna 2 ozw	Sliced Onion 1/2 OZ & Pickle Chips 3 ea 1/2 ozw	Lyonnais Potatoes LF/LS 1 cup
Fresh Baked Roll/Bread 2 ozw	Bakery Bun 2 ozw	Cajun Potatoes LF 1 cup	Creamy Coleslaw LF 1/2 cup	Cheese 1/2 ozw	Mustard & Ketchup (1/2oz / 1oz) 1 serving	Green Beans LF 1/2 cup
Whipped Margarine 1/3 ozw	AuGratin Potatoes 1 cup	Creamy Coleslaw LF 1/2 cup	Corn LF 1/2 cup	Mustard 1/3 fl oz	Fresh Baked Hamburger Bun (2 oz) 1 each	Fresh Baked Roll/Bread 2 ozw
Fresh Baked Oatmeal Cookie 2 ozw	Iced Yellow Cake 1/54 cut	Fudge Brownie 1/54 cut	Fresh Baked Oatmeal Cookie 2 ozw	Bakery Bun 2 ozw	French Fries 1 cup	Whipped Margarine 1/3 ozw
Grape Drink 1 cup	Fruit Drink 1 cup	Grape Drink 1 cup	Fruit Drink 1 cup	Cajun Potatoes LF 1 cup	Coleslaw Vinaigrette LF 1/2 cup	Frosted Marble Cake 1/54 cut
				Snickendoodle Cookie 2 ozw	Cinnamon Cake 1/54 cut	Grape Drink 1 cup
				Grape Drink 1 cup	Fruit Drink 1 cup	

Meal Name: Dinner

Country Patty (3 ozw each) 1 patty	Italian Meat Sauce 6/2 LF/LS -- 6 ozw	Home-style Scalloped Potatoes (2 oz)- 12 ozw	Whole Grain T. Sausage & Cheese Pizza 1 each	Oven Fried Breaded Fish Patty (3 ozw) 1 patty	Tex-Mex Taco Filling (2 oz)- 3 ozw	Spaghetti & Italian Sauce LS (2 oz)- 12 ozw
Gravy LS 2 fl oz	Noodles LF 1 cup	Glazed Carrots LF 1/2 cup	Spaghetti w/ Tomato Sauce LS 1 cup	Tartar Sauce 1/2 fl oz	Cheese Sauce 1 fl oz	Kettle Blend Mixed Vegetables LF 1/2 cup
Fresh Baked Roll/Bread 2 ozw	Garden Salad 1/2 cup	Fresh Baked Roll/Bread 2 ozw	Garden Salad 1/2 cup	Fresh Baked Roll/Bread 2 ozw	Salsa 1 fl oz	Garden Salad 1/2 cup
Cottage Fries LF/LS 1 cup	Irish Blend Vegetables LF 1/2 cup	Whipped Margarine 1/3 ozw	Italian Dressing 1/2 fl oz	Pinto Beans LF/LS 1 cup	Shredded Lettuce 1/4 cup	French Dressing LF 1/2 fl oz
Kettle Blend Mixed Vegetables LF 1/2 cup	French Dressing LF 1/2 fl oz	Frosted Pink Cake 1/54 cut	Iced Orange Cake 1/54 cut	Carrots LF 1/2 cup	Tortilla Chips 1 ozw	Fresh Baked Garlic Roll 2 ozw
Whipped Margarine 1/3 ozw	Fresh Baked Garlic Roll 2 ozw	Iced Tea 1 cup	Iced Tea 1 cup	Iced Spice Cake 1/54 cut	Spanish Rice 1 cup	Fresh Baked Sugar Cookie 2 ozw
Fudge Brownie 1/54 cut	Fresh Baked Sugar Cookie 2 ozw	Coffee 1 cup	Coffee 1 cup	Iced Tea 1 cup	Fudge Brownie 1/54 cut	Iced Tea 1 cup
Iced Tea 1 cup	Iced Tea 1 cup			Coffee 1 cup	Iced Tea 1 cup	Coffee 1 cup
Coffee 1 cup	Coffee 1 cup				Coffee 1 cup	

		Pro		CHO		Fat																	
		Calories	(g)	% of Calories	(g)	% of Calories	(g)	% of Calories	Chol (mg)	Fiber (g)	Na (mg)	Vit A (RAE)	SFA (g)	Vit C (mg)	Vit B1 (mg)	Vit B2 (mg)	Nia (mg)	Vit B6 (mg)	Fola (mcg)	Vit B12 (mcg)	Ca (mg)	P (mg)	Fe (mg)
	Std.	2800	56.0		350.0		95.0	<= 0.00	300.0	25.00	4000	900.00	32.00	90.00	1.20		16.00	1.30	400.00	2.40	1000.0	700.0	18.00
Day: 1	Sum.	3263	91.0	11.2	495.6	60.8	102.8	28.4	125.8	33.76	2400	1,440.13	31.50	131.13	3.41	2.21	34.14	1.54	1010.51	5.29	1181.0	1749.4	21.03
	Var.	462.8	35.0		145.6		7.8	28.4	(174.2)	8.76	(1600)	540.13	(0.50)	41.13	2.21	0.91	18.14	0.24	610.51	2.89	181.0	1049.4	3.03
	% of Std.	116.5	162.5		141.6		108.2		41.9	135.04	60	160.01	98.44	145.70	283.92	170.00	213.38	118.38	252.63	220.29	118.1	249.9	116.81
Day: 2	Sum.	2700	82.9	12.3	429.4	63.6	69.3	23.1	362.8	17.74	4360	646.45	23.30	225.20	2.87	2.09	33.97	1.39	605.54	5.23	1249.6	1557.7	18.52
	Var.	(100.0)	26.9		79.4		(25.7)	23.1	62.8	(7.26)	360	-253.56	(8.71)	135.20	1.67	0.79	17.97	0.09	205.54	2.83	249.6	857.7	0.52
	% of Std.	96.4	148.1		122.7		73.0		120.9	70.96	109	71.83	72.80	250.22	239.00	160.38	212.33	106.62	151.39	217.88	125.0	222.5	102.90
Day: 3	Sum.	2769	76.3	11.0	414.3	59.9	89.6	29.1	201.8	23.02	3966	1,406.96	28.53	179.19	2.56	2.65	27.61	1.14	362.72	5.71	1786.9	1383.8	16.26
	Var.	(31.5)	20.3		64.3		(5.4)	29.1	(98.2)	(1.98)	(34)	506.96	(3.47)	89.19	1.36	1.35	11.61	(0.16)	(37.28)	3.31	786.9	683.8	(1.74)
	% of Std.	98.9	136.3		118.4		94.3		67.3	92.07	99	156.33	89.16	199.10	213.33	204.00	172.59	87.85	90.68	238.08	178.7	197.7	90.34
Day: 4	Sum.	2851	89.8	12.6	450.8	63.2	76.4	24.1	343.4	29.96	3116	636.05	26.93	234.44	2.60	1.76	21.81	1.20	657.22	4.86	1539.1	1545.5	20.93
	Var.	51.3	33.8		100.8		(18.6)	24.1	43.4	4.96	(884)	-263.95	(5.07)	144.44	1.40	0.46	5.81	(0.10)	257.22	2.46	539.1	845.5	2.93
	% of Std.	101.8	160.4		128.8		80.4		114.5	119.83	78	70.67	84.15	260.48	216.42	135.69	136.29	92.23	164.30	202.42	153.9	220.8	116.27
Day: 5	Sum.	2946	86.4	11.7	451.4	61.3	87.8	26.8	123.0	31.86	4008	1,303.13	26.60	140.36	2.66	2.01	20.02	0.96	727.49	5.25	1309.6	1561.0	19.42
	Var.	145.8	30.4		101.4		(7.2)	26.8	(177.0)	6.86	8	403.13	(5.40)	50.36	1.46	0.71	4.02	(0.34)	327.49	2.85	309.6	861.0	1.42
	% of Std.	105.2	154.3		129.0		92.5		41.0	127.44	100	144.79	83.12	155.96	221.75	154.92	125.14	73.85	181.87	218.63	137.0	223.0	107.89
Day: 6	Sum.	2630	78.5	11.9	380.6	57.9	86.5	29.6	390.3	18.86	4250	805.25	30.58	259.46	2.42	2.22	32.97	2.56	512.49	9.44	1475.0	1374.4	29.39
	Var.	(169.7)	22.5		30.6		(8.5)	29.6	90.3	(6.14)	250	-94.75	(1.43)	169.46	1.22	0.92	16.97	1.26	112.49	7.04	475.0	674.4	11.39
	% of Std.	93.9	140.1		108.7		91.1		130.1	75.43	106	89.47	95.55	288.29	201.92	170.38	206.09	196.69	128.12	393.25	147.5	196.3	163.26
Day: 7	Sum.	3188	81.5	10.2	521.2	65.4	81.7	23.1	179.0	25.95	4290	1,231.23	25.29	130.70	2.90	2.21	30.14	0.95	408.18	5.17	1280.7	2004.1	18.84
	Var.	388.3	25.5		171.2		(13.3)	23.1	(121.0)	0.95	290	331.23	(6.71)	40.70	1.70	0.91	14.14	(0.35)	8.18	2.77	280.7	1304.1	0.84
	% of Std.	113.9	145.6		148.9		86.0		59.7	103.80	107	136.80	79.03	145.22	241.25	169.92	188.38	72.92	102.04	215.58	128.1	286.3	104.67